

TRACEN MWR EVENTS

31 January
01 February
05 February
10 February
22 February
24 February
14 March

Quizzo is Back!

New Yoga Session Starts
Super Bowl Party
Child/Parent Valentine's Dance **SOLD OUT**
Ski Trip
Friday Night Movie Ida Lewis
Flyers Skate Zone (Ice Skating)

Disney Military Salute Tickets for 2017 on Sale Now at the LTT Counter

Like us on Facebook <https://www.facebook.com/TRACENCAPEMAYMWR>

Harborview Lunch Specials

01 February
Open Faced Hot Roast Beef Sandwich, FF &
a Fountain Drink \$6
Chicken & Dumpling Soup, Garden Salad,
Bread Sticks & a Fountain Drink \$5

Sub. Sandwich Tuesdays

Every Tuesday at the Harborview
Time: 1100 to 1300
All your Favorite Toppings, Lettuce, Tomatoes, Onions,
Peppers, American Cheese, Swiss Cheese, or Provolone.
Prices: Ham, Turkey, Roast Beef or Italian \$6.50
Includes a Fountain Drink & Chips.
Sub Sandwich only \$5.00

Wing Night: Every Tuesday at the Harborview

.45 Cent Wings
Kitchen Open 5PM to 9PM Bar Open 4:30 to 10PM
Wing Sauces.
SWEET & TANGY SUPER NOVA
SRIRACHA HONEY GARLIC PARMESAN
SPICY BBQ MANGO (Eat in Only)

31 January QUIZZO is Back!

Harborview
Professional Video Trivia.
Game Show & DJ.
Starts at 1800 to 2100
Over \$100 in Prizes.
Get your teams together & come on over!
FREE

01 February New Yoga Session Starts

Yoga (No sign ups or payment required FREE)
Instructor Katie Meuse
Class days & times:
Monday & Wednesday from 0900 to 1000
February, 1, 6, 8, 13, 15, 22, 27
Free Just Drop In
Classes are held at Oceanside

05 February Super Bowl Party

Harborview Open 1730.
\$10 Cover Includes:
"All You Can Eat"
Wings, Nachos with Cheese & Pizza.
E-4 & Below FREE

22 February Ski Trip

Bear Creek Mountain, Berks County, PA
Bus Departs TRACEN 0600 Bus Departs Bear Creek 1700
Cost includes bus and lift ticket & Ski or Snowboard
Tubing & Helmet Rentals (Tubing is from 9am to 1PM)

22 February Ski Trip Continued

\$50.00 Active Duty, Active Duty Dependents, &
Civilian Employees.
\$88.00 Guest & Contractors
Goggles are not available for rental.
Sign Up MWR Office by 17 February.
Payment for bus & lift ticket due at sign up.
For more information call 609-898-6922 or
Email james.e.graham@uscg.mil
Bus Limited to 50 Passengers
Bring \$\$ for food & locker rental @\$6

24 February Friday Night Movie Ida Lewis Title to Be Determined

Free
Time: 1800 at the Ida Lewis
Popcorn Candy & Soda available for purchase.

14 March Flyer Skate Zone (Ice Skating)

Flyers Skate Zone Atlantic City
1230 to 1430
FREE
Open to Active Duty & Civilians
Early Liberty Granted 12 Noon
Must provide your own Transportation
Ice Skates included
Sign up MWR office by 10 March

MWR Leisure Travel & Ticket Program

TRACEN MWR LTT office in the Coast Guard Exchange
Hours Monday-Friday 1000 to 1600
Contact Us capemaymwr@outlook.com or 609-898- 6381
2017 Walt Disney World Military Salutes
Choose from:

- 4 day Hoppers (with or without water park)
- 5 day Hoppers (with or without water park)

2017 UNIVERSAL STUDIOS

The two very special promotional ticket offers are:
• 2-Park 3-Day Park-to-Park Ticket (Adult & Child)
• 3-Park 3-Day Park-to-Park Ticket (Adult & Child)
(TICKET IS VALID STARTING JUNE 1, 2017)

As a reminder, these Special Military Promotion tickets
are available for purchase through December 14, 2017
with No Blackouts and will expire in full on December 20,
2017.

ARMED FORCES VACATION CLUB:

<https://www.afvclub.com>

Veteran Tickets Foundation

Veteran Tickets Foundation gives out free event tickets to
all kinds of things all across the country. Stuff like
football, baseball, soccer, basketball, concerts, zoo
passes, plays and more!

You can sign up using the following link.

<http://www.VetTix.org>

Fitness Offerings

Spin Classes

Location: Weight Room in the Gym

Mondays 1145 to 1245

Wednesday 1145 to 1245

No sign ups

Free

Boot Camp Fitness

Location: Basketball Court in the Gym

Tuesdays 1000 to 1100

Thursdays 1000 to 1100

No sign ups

Free

Yoga (No sign ups or payment required FREE)

Instructor Katie Meuse

Class days & times:

Monday & Wednesday from 0900 to 1000

Free Just Drop IN

Classes are held at Oceanside

Gear Locker Hours

Weekday Hours

Mon-Fri. 0730 to 1600

Phone Number during hours of operation only!

609-374-0767 or 609-898-6319

Harborview

Call 609-898-6320 Office

Call 609-898-6359 Take Out

MWR Office Open Monday thru Friday 0800 to 1600

Call 609-898-6922

MWR Leisure Travel & Ticket Office

Hours: Monday–Friday 1000 to 1600

Contact Us: Capemaymwr@outlook.com or

call 609-898-6381

Lucky Bag

Hours: Thursdays 1000 to 1300

2nd & 4th Friday 0900 to 1100

Call 609-898-6227